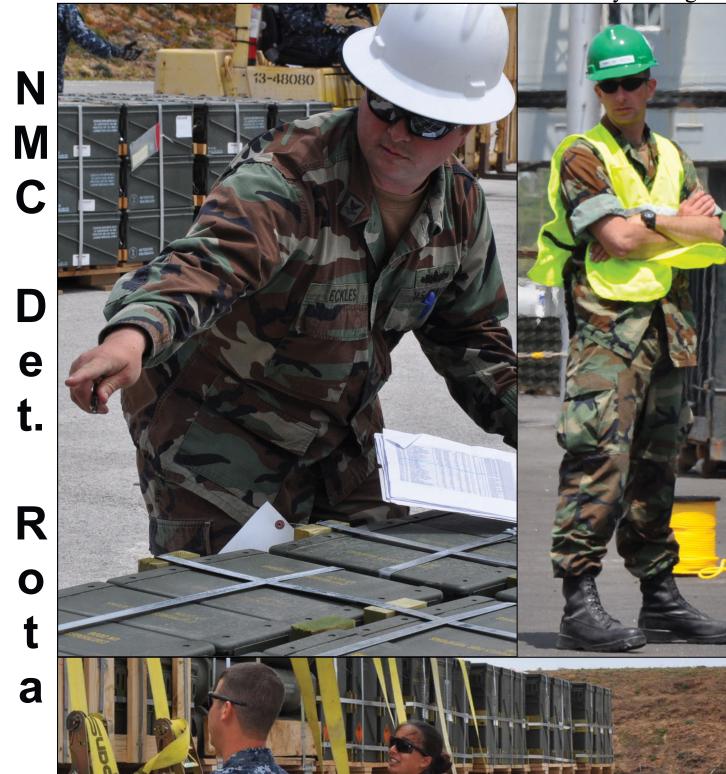
# The Coastline

# Another Day, Another Job Well Done - Story on Page 4



## Nobody Ever Drowned In His Own Sweat

A young Sailor said to me, "sir, I just don't get it. I feel that no matter how much I try, no matter how much I work, it's never good enough. I'm here until the late evening, and there is still much more work to be done. It

never ends."





It can be tough. I know. It's not easy being a part of the Rota community sometimes. To CTF-68, 725th AMS, the hospital, FISC, and all the other tenants, including the base...do you know why we are all so busy? Because we are damn good at what we do. And the entire U.S. military knows it.

I think that deep down, we tell ourselves that coming

to NAVSTA Rota would be a nice break from the Fleet or from wherever your last duty station was. It would be a chance to slow down, leave work at 2 p.m. or maybe go out and have some tapas for lunch.

Make no mistake - there are certain blessings about being here. First and foremost, those of us with families get to go home at night and see our spouses. For the forward-deployed personnel here, they get to enjoy the cities of Rota and Puerto during liberty. We also have some of the best MWR facilities in the Navy, especially the fitness center. You can't get me away from the spin class.

But I know what you are thinking - you might be reading this right now, when the sun is setting, still at work. It seems no matter how much work you get done today, there is still more tomorrow. The e-mails don't

stop. And if your primary job isn't enough, there are those collateral duties you still have to worry about. It doesn't matter that we are undermanned and overworked - certain things have to be done, no matter the limitations.

During Aviation Officer Candidate School, my shipmates and I would PT until we practically passed out. There were so many tests and inspections, that even though we were supposed to be racked out by 10 p.m., all of us would burn the midnight oil just to be ready for the next morning.

Sometimes we would fail; but most of the time, we would pull through. We get the job done; and before we knew, not only were we passing inspections and physical tests, we were blazing through them.

Pressure is what makes a diamond from coal. Pressure is what helped ABHC (AW/SW) Gilbert Chavez and ABH3 (AW/SW) Justin Fauver earn the titles Navy Fire Officer of the Year and Navy Firefighter of the Year, respectively. Pressure is what helped our recent Navy College graduates earn their diplomas. Pressure is what helped our Navy Munitions Command complete a huge ammo-offload safely and effectively in an unbelievable short amount of time this past week.

You don't know what you are made of until the pressure is on. The challenges you face may be daunting, but it will be worth it when one day you look back at your tour at Rota

I know there are days for you when things are a bit gloomy, when you feel like you didn't do as good of a job as you would have liked to, but you gave your best. The days where no matter what you do, it seems like you can't get it done.

Whenever I have doubts about my ability to succeed,

I remember the amazing story of a Navy SEAL named Lt. Jason "Jay" Redman, who was shot seven times in the face and arms with a machine gun during an operation in Iraq in 2007. While he was recovering in the National Naval Medical Center, he posted a message on his door that said this:

"Attention to all who enter here. If you are coming into this room with sorrow or to feel sorry for my wounds, go elsewhere. The wounds I received I got in a job I love, doing it for people I love, supporting the freedom of a country I deeply love. I am incredibly tough and will make a full recovery. What is full? That is the absolute utmost physically my body has the ability to recover. Then I will push that about 20 percent further through sheer mental tenacity. This room you are about to enter is a room of fun, optimism, and intense rapid regrowth. If you are not prepared for that, go elsewhere."

I'm not a SEAL, but after reading this story, I understand one of the keys to their success - attitude. Yes, they are strong. Yes, they are sharp. But it's about willpower. It's about your attitude to face down any challenge, no matter how small or large.

The e-mails won't stop, and the demands for your services won't go away. We are the best damn naval base in the world, and we have a reputation to uphold.

Remember too that while we may be good at our jobs, it doesn't mean a "thank you" doesn't go a long way. Remember that the next time you get ticked off at someone on base because they haven't responded to your e-mail within five minutes. Be patient - we are ALL doing the best we can. Look out for your shipmates, and encourage your subordinates whenever possible.

As "Jay" said, "quitting is never an option."

- Hasta luego, Skipper

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Office of the Inspector General

081-568-2983 - Fax: 081-568-6354 Phone:

Email: ighotline@eu.navy.mil

Website: http://www.cnic.navy.mil/Europe/index.htm

You can choose to remain anonymous.

#### **DUI Counter** Last DUI: March 21 **Unit: USNHRS** Days Since Last DUI: 74

**DUIs in CY 2010: 7** DUIs in CY 2009: 5

## The Coastline

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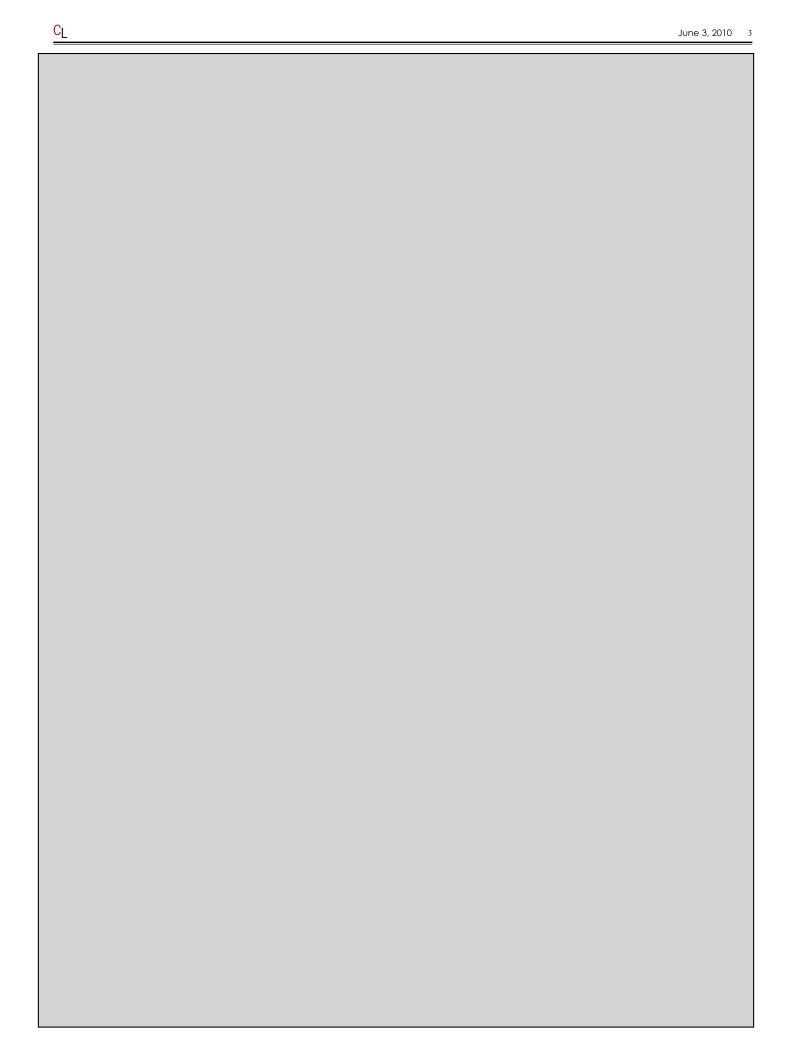
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Another Day, Another Job Well Done

STORY AND PHOTOS BY LT. BEN TISDALE NAVSTA ROTA PUBLIC AFFAIRS OFFICER

Navy Munitions Command Detachment Rota at Naval Station Rota, safely completed an ammunition off-load from the Military Sealift Command ammunition ship USNS Sacagawea (T-AKE-2) May 27 - 28.

The evolution took a great deal of coordination among the NMC team to safely and efficiently offload approximately 320 pallets of ammunition in a short amount of time

"This was one of the biggest ammo offloads we've had in over a year," said Chief Warrant Officer Roddy Wiggins, NMC's officer-in-charge. "I've been in the Navy 25 years, and this is one of the best groups of Sailors I've ever had the pleasure to work with."

Headquartered in Naval Weapons Station Yorktown, Va., NMC functions as the Navy's center for ordnance management for shore stations worldwide by providing retail ammunitions management, operating explosives ordnance storage, outloading, and trans-shipment facilities.

Formerly the NAVSTA Weapons Department, NMC Det Rota was brought about Sept. 21, 2009.

As with any evolution involving ordnance, an ammunition offload relies heavily on safety and operational risk management.

"This is a very methodical process that needs a lot of attention to detail," said the Explosive Safety Loading Officer, Chief Aviation Ordnanceman (AW) Jeff Strauss. "At any time during these evolutions something doesn't look right, we will stop operation right then and there, only resuming



Sailors from Navy Munitions Command Det Rota carefully inspect an ammunition pallet after being delivered from the USNS Sacagawea (T-AKE-2). The ammo offload was one of the largest for NAVSTA in the past year.



A Sailor from Navy Munitions Command Det Rota straps down ammunition on its way to open-storage for inventory and future storage.

after we know everything is safe and clear."

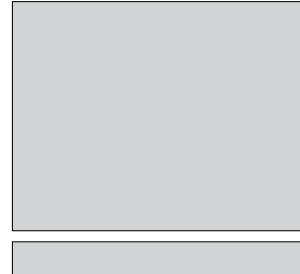
Before Rota received ammunition, safety checks were completed, and planning between the Sacagawea and NMC professionals ensured they were ready to accept ordnance.

"There are a lot of training evolutions and qualifications to ensure we are all prepared for events like today," said Seaman Gunner's Mate Kimber Smoke. "Even though I've only been here a year, this is my third ammo offload. And just like the last two, we make sure we are slow and steady to prevent mistakes."

The NMC Sailors had to complete the offload in a short amount of time in order to de-conflict with the Spanish Navy's ship schedule, as well as to ensure the Sacagawea could start loading supplies to eventually deliver to the aircraft earrier, USS Harry S. Truman (CVN-75).

Wiggins said he was impressed with the performance of his Sailors, even in the face of challenging circumstances.

"I'm really proud of our guys for doing this well," said Wiggins. "It makes it a pleasure to come to work everyday."



## **NAVSTA Rota Commemorates Memorial Day**

Story and Photos by Jan Hammond Rota Coastline

The Naval Station Rota community held a Memorial Day ceremony at the base chapel May 27 to honor all service members, past and present, who have given their lives in service of their country.

"We must remember those who have gone before us," said Cmdr. Tom Eberhard, NAVSTA Rota executive officer. "We must remember the reasons why our brothers and sisters in arms have fallen, so that we may truly live."

Memorial Day was originally established shortly after the Civil War as Decoration Day. It is now a day set aside to remember the more than one million Americans who have given their lives in the service of their country.

Chaplain Lt. Cmdr. Steve Fisher officiated over the ceremony, citing scripture and leading participants in prayer and song. Fisher asked for everyone to remember all those who sacrificed their lives in the name of their country.

Taps was played and a moment of silence was held to remember those who have paid the ultimate sacrifice for their country.

For some, like Yeoman Third Class (sel)

Trevor Edwards, the ceremony meant remembering those who sacrificed their lives for the freedom we have today.

"I felt honored to participate in the ceremony and remember where we came from," said Edwards. "It is important to remember those that served before us who gave their lives so we could have freedom." "We celebrate Memorial Day once a year," said Eberhard. "But let's think about our mission, and those who carry it out, each and every day."



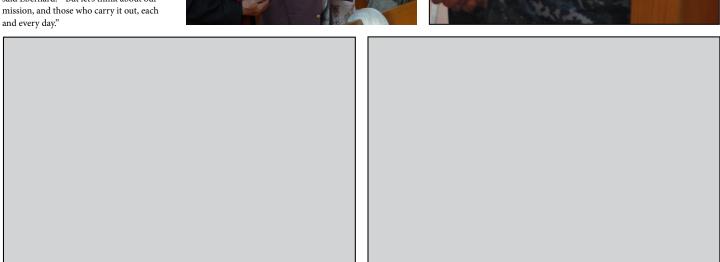
(Above) Members of the NAVSTA Rota community stand as they join is song during the Memorial Day Ceremony held May 27 to pay respect to those who gave their lives in service of their country.

(Right) MA1 (SW) Mark Melia, NAVSTA Security, bows in head in prayer during the NAVSTA Rota Memorial Day ceremony May 27.

(Below) NAVSTA Rota retirees stand and sing during the NAVSTA Rota Memorial Day ceremony May 27.







June 3, 2010

## COLA To Decrease as Dollar Gets Stronger in Europe

AFRICA, SOUTHWEST ASIA PUBLIC AFFAIRS

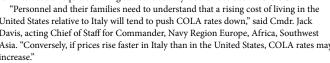
NAPLES, Italy - The Defense Department set new Overseas Cost of Living Allowance rates

May 31 and most service members across Europe are set to see a decline in COLA on their next Leave and Earnings

In recent months, the dollar has gained in strength against the euro and this exchange rate is one of the factors that determine COLA rates. The dollar has been trading at or near four-year highs against the Europe's main currency over the past few weeks.

Personnel and their families are reminded that COLA rates can fluctuate up or down based upon the factors used to compute the allowance, including currency exchange rates. COLA is intended to help service members and their

families have an equitable living standard as they would have back in the U.S. "Personnel and their families need to understand that a rising cost of living in the United States relative to Italy will tend to push COLA rates down," said Cmdr. Jack Davis, acting Chief of Staff for Commander, Navy Region Europe, Africa, Southwest Asia. "Conversely, if prices rise faster in Italy than in the United States, COLA rates may





STORY BY TIMOTHY WILSON National Naval Medical Center Public Affairs

BETHESDA, Md. (NNS) -- Under new guidelines for a Navy instruction released in April, E-3 through E-6 Sailors must submit a Perform to Serve application, regardless of career intentions, no later than 13 months prior to their Expiration of Active Obligated Service or Projected Rotation Date.

The application process will inform Sailors if they can continue in their current job, remain in the military or have options for changing their current rate.

"PTS continues to evolve to ensure performance-based opportunity is maintained for our best and brightest Sailors, while shaping the Navy force to meet future requirements," according to MILPERSMAN1440-060.

The application for PTS is a tool to ensure adequate personnel levels are being maintained.

"PTS is a force shaping tool that the Navy uses to fill undermanned ratings," said Hospital Corpsman 2nd Class Peter Real, career counselor at the National Naval Medical Center. "When a rating drops below a certain [manning] level, PTS will be used in order to fill that up." If a rating

is overmanned and there is no chance of advancement for the Sailor, PTS facilitates a conversion into another rating.

"High-year tenure is a time limit that is given on each pay grade," Real said.

For example a Sailor E-1 to E-3 has six years to reach the next rank of E-4. Failure to reach the next pay grade may cause administrative separation.

"Know your timeframe for high-year tenure and stay competitive," Real said.

Since PTS quotas are limited, it is important to stay abreast of current information relating to your career to avoid being separated, Real said. PTS ranks Sailors by their accomplishments.

"If you are content in getting a 'promotable' [evaluation] every year and just doing your job, then that will reflect in PTS," Real said. "When people are selected [for orders and promotions], this is what they look at. They want the top performers in the Navy."

The Career Counseling office will process the application when the window opens. For service members deployed in a war zone, the window of 15 months stills exists to apply for PTS.

For additional information, service members can contact the NAVSTA Rota Career Counseling office at 727-1535.

These recent changes to COLA rates are not related to the survey of activities in countries like Italy, where active duty service members recently completed the Living Pattern Survey, one of the tools used to help compute COLA rates overseas.

> For example, a married Navy first class petty officer with one child living in Naples, Italy will now receive \$341.25 in COLA for the pay period June 1-15 versus \$446.25 received for the pay period May 1-15. A Navy lieutenant who is married with one child living in Rota, Spain will receive \$365.75 for the pay period June 1-15 versus \$498.75 received for the pay period May 1-15.

Overseas COLA is determined using a number of differing inputs, including the LPS, the Retail Price Schedule, as well as rank, duty station and number of dependents.

"The silver lining in this situation is that a strong dollar also means base pay goes farther when spending out on the

economy," Davis said. "Base pay is the bulk of income for most personnel, military or civilian, and doesn't change like other allowances based upon variable factors. A strong dollar makes local goods and services more affordable to everyone."

For a full overview of the new COLA rates, visit the Department of Defense Per Diem, Travel and Allowance Committee Web site at www.defensetravel.dod.mil/perdiem/ www. defensetravel.dod.mil/perdiem/.

## Rota Airmen Promoted



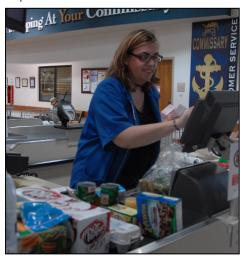
Col. Scott Gaab, left, Commander, 725th Air Mobility Squadron, administers the Oath of Enlistment to (T) Sgt. Andreas Lilly (left), (T)Sgt. John Recinos (center) and (M)Sgt. Jamie Denton(right) during a promotion ceremony held May 28. Congratulations to newly promoted Air Force Airmen of the 725th AMS.

## Rota Commissary Receives High Honors on Inspection

STORY AND PHOTOS BY JAN HAMMOND

NAVSTA Rota's Commissary proved they were the best of the best after receiving a 100-percent rating during the Commissary Compliance Inspection May 17-18.

Every five years, each of the 256 Commissary stores located around the world are subject to this intensive inspection by internal inspector generals who look at the overall operation of the commissary to insure they are in compliance with DECA standards.



Esperanza Garcia, DECA cashier/teller, scans groceries at the checkout counter of the Rota Commissary. Garcia and the other cashiers that man the front lines of the commissary were singled out during the DECA Commissary Compliance Inspection as showing exceptional customer service.

"It was basically our report card, looking at everything to make sure our store is complying with the charter of DECA and servicing the community," said Ruben Nadal, NAVSTA Rota Commissary Director. "They audited out finances and payroll system, checked food handling procedures and looked at the entire gambit of the different sections of our operations from the grocery and produce departments to the deli and cashiers. It was really a wall-to-wall inspection."

And the inspectors were impressed, giving the only 100 percent rating so far this fiscal year; which is quite a feat, as only five stores have ever received such a high rating since DECA came into existence 19 years ago.

"This was quite an accomplishment coming from an 85-percent rating during the last inspection in 2003," said Nadal. "The inspectors raved about our customer service department, the cashiers and the produce department. During the out brief, the inspectors stated we were simply the best, having a dynamic and diverse workforce where US and Spanish nationals work heard in bond."

Produce manager Ramon Martin-Arroyo was very happy to hear his department was singled out for being exceptional.

"We try to keep everything fresh and looking nice," said Arroyo. "We try our best to service the customer." Carmen Florido, the front-end supervisor, also said she

takes great pride in her job.

"We try to keep from having long lines and are always polite and try to help the customers," said Florido. "We work hard to give good customer service, and we are



Produce manager Ramon Martin-Arroyo arranges the produce at the Rota Commissary to ensure only the more fresh produce is sold to the customer. Arroyo takes great pride in his job and was instrumental in the 100 percent rating during the DECA Commissary Compliance Inspection.

proud of what we do."

The Rota Commissary was also credited with having the highest increase in sales in Europe this past year, with a 14-percent gain over last year. Nadal credits the new salad bar as one of the reasons for this increase. With approximately 10,000 line items and an average of 1,200 transactions a day, the commissary brings in about \$950,000 a month.

"Our commissary continues to provide outstanding support to the entire Rota community, and the recent inspection by the DECA Inspector General giving our commissary a perfect score certainly validates their efforts," said Capt. Bill Mosk, NAVSTA commanding officer. "Thanks to the entire staff for all you do for us."

8 June 3, 2010 **NEWS** 

## NMCB 7 Returns to Gulfport From Haiti

STORY AND PHOTO BY MC2 (SCW) MICHAEL LAVENDER NMCB 7 Public Affairs

More than 45 Seabees with Naval Mobile Construction Battalion 7 returned to Gulfport, Miss., May 22 after completing humanitarian assistance missions in support of Operation Unified Response in Haiti.

The Seabees were part of a NMCB 7 detachment that deployed and arrived in Port-au-Prince, Haiti, Jan. 25. They worked throughout Joint Task Force-Haiti's area of responsibility while deployed.

NMCB 7 Seabees assisted with missions ranging from debris removal, internally displaced persons camp improvements and construction of resettlement camps outside Port-au-Prince.

"This detachment dealt with a lot of unknowns of what we would be doing for Haiti before we arrived," said Chief Steelworker (SCW) Leslie Morgan, operations chief for NMCB 7. "Whether it was victim recovery, repairing a pier for shipping, flood mitigation in internally displaced persons camps, these Seabees always followed through with the utmost respect for the people of Haiti who were suffering."

Working alongside members of Underwater Construction Team 1, NMCB 7 assisted with the reopening of the seaport in Port-au-Prince. Seabees worked to repair pier pilings on the port's south pier to allow ships to enter the port and offload much needed aid supplies.

NMCB 7 also assisted with rubble removal from Hotel Montana, making it possible for search and rescue crews to enter the site and search for survivors. Seabees assisted with the oversight in the moving of 14,000 cubic yards of debris from the site in 51 days, facilitating the recovery of the remains of 65 individuals at the site.

"The Hotel Montana opened my eyes to the unseen devastation of natural disasters," said Builder 2nd Class Thomas Camara. "Working day in and day out removing friends, family, and comrades from a pile of rubble that was once a beautiful hotel was like nothing I had ever done before."

NMCB 7 Seabees worked alongside nongovernmental organizations, Jenkins-Penn Haitian Relief Organization and Catholic Relief Services, at the Golf Delmas 48 internally displaced persons camp in Petionville.

There they helped build drainage canals, retaining walls and place sandbags to reduce the risk of mudslides and flash flooding during the rainy season. The Seabees also worked as supervisors for the "Cash-For-Work" crews at the Golf Delmas 48 camp, giving Haitians an opportunity to earn an income while assisting in the recovery.



A C-130 lands at an airfield in Gulfport, Miss, bringing home more than 45 Seabee's from NMCB-7 after completing humanitarian assistance missions in support of Operation Unified Response in Haiti May 22.

In addition to adding safety measures inside the IDP camps, the Seabees helped construct two resettlement camps outside Port-au-Prince. NMCB 7 Seabees assisted U.N. forces in preparing land for IDP's to relocate to Corail Cesselesse and Tabare Issa.

"NMCB 7 was one of many units that participated in the joint efforts to assist the people of Haiti in their time of need," said

Lt. Beau Brooks, officer in charge of NMCB 7. "Working together with the Government of Haiti, U.N., NGOs, and [sister services], we united to provide disaster relief and humanitarian assistance to the Haitians. Without a doubt, it was a moving and emotional experience for everyone involved in the operation."

## Exercise Flintlock 10 a Success for NMCB 7

Story By MC2 (SCW) Michael Lavender NMCB 7 Public Affairs

OUAGADOUGOU, Burkina Faso – Naval Mobile Construction Battalion 7 Detachment Burkina Faso returned to their deployment mainbody site of Rota, Spain, upon completion of their tasking in support of Exercise Flintlock 10 in Ouagadougou, Burkina Faso.

The Seabee's primary mission, during their two-and-a-half

month detachment was to support various operational units during Exercise Flintlock 10, which pairs various U.S. units with military units of Burkina Faso.

Exercise Flintlock 10 is an exercise designed to develop military interoperability as a cornerstone for regional security and stability within the region. The three week exercise started May 2.

"We really enjoyed working with the Burkinabe people,"

said Ensign Brian Mack, the detachment's officer in charge. "Our goal was to provide quality construction support that will enhance our relations with the country of Burkina Faso."

Upon their arrival to Burkina Faso in March, the detachment began their mission of renovating four buildings at Camp Baangre. Upon observing the conditions of existing electrical infrastructure, while the detachment's builders were tasked with completing work to facilitate the success of the exercise.

"Our main project

consisted of upgrading an existing Joint Command Center that will be utilized during the exercise," said Mack. "Our biggest challenge was coping with the extreme temperatures within the country." High temperatures average around 103 degrees during this time of year.

Detachment Burkina Faso worked hand in hand with the people's Army of Burkina Faso and both parties gained invaluable experiences, in the mist of a distinctive language barrier.

The construction electricians of detachment Burkina ran 3,500 meters of electrical cable and 300 meters of fiber optic cable, connecting power to four buildings on site.

"My work here was special to my experience in the Navy," said Steelworker 3rd Class Derek Abad. "But not as special as the time I got to spend with the people of Burkina Faso."

The detachment, assisted by members of the Burkina Army, successfully completed the construction of 156 linear feet of partition walls, poured 22 yards of concrete, painted 145,000 Square Feet of interior walls, as well as cosmetic features on exterior walls. The detachment also successfully installed 23 air conditioning units in two buildings at Camp Baangre.

"From this experience I expected to gain more hands on knowledge about basic construction work on the job site, but I gained that and much more," said Builder Constructionman Tristan Chattic. "I gained great friendships and unforgettable bonds with not only the Burkina Army, but with the local civilians as well."



Seabees, assisted by Burkinahe volunteers, unload their supplies upon arrival to Ouagadougou, Burkina Faso to participate in Exercise FLINTLOCK 10 March 6.

### Detail Latvia Completes Construction for BALTOPS 2010

STORY AND PHOTO BY MC2 (SCW) MICHAEL LAVENDER NMCB 7 Public Affars

VENTSPILS, Latvia – Naval Mobile Construction Battalion 7 Detail Latvia completed construction tasking in preparation for Baltic Operations 2010, an annual exercise that aims to promote a mutual understanding of maritime interoperability between U.S. Navy, NATO, and non-NATO participants.

Detail Latvia deployed from its battalion's mainbody site in Rota on March 23. The Detail completed two major projects – preparing a five-acre base camp site for a Marine Landing Group and constructing a reinforced concrete pad for a Maritime prepositioned ship offload of equipment to be used in the exercise.

The Seabees endured freezing temperatures, snow and rain during their construction projects. Often working day and night, the detachment poured more than 250 cubic yards of concrete, within a three-week timeframe and place 7,500 cubic yards of backfill in just under a month.

"Cold weather wrecks havoc on concrete pours," said Utilitiesman 1st Class Michael Jester, job supervisor for the project. "It lengthens setting up time and generally slows everyone down"

During their off time, the Seabees performed numerous discretionary projects such as mechanic support on an aging fleet of Latvian "Coupe-V" Chevrolet maintenance vehicles, concrete road patches and general road and drainage improvements to the immediate surrounding camp areas. The Seabees also constructed a medium machine gun, rifle platoon and pistol range for the Latvian National Guard.

"Though our project was initially delayed, we still were able to convert seven weeks of construction into three," said Builder Constructionman Anthony Capiello, project crewleader.



BU3 Justin O'Donnell, assigned to NMCB 7, guides in EO3 Zachary Bunter as he operates a Caterpillar 924G Bucket Loader to stage timber for wall forms in Ventspils, Latvia in support of Baltic Operations

"Everything is in place for the Marines arrival to participate in the upcoming exercise," said Chief Equipment Operator Jerry Greer, Detail Latvia's Assistant Officer in Charge. "They will be able to roll off their ships onto improved roads all the way to base camp. The accomplishments of these Seabees is typical of our Seabee legacy, which is to pave the way for the Marines."

## NMCB 7 Seabees Break Ground in Thies

STORY AND PHOTO BY BU ZACHARY A. WALLACE NMCB 7 Public Affars

THIES, Senegal - Seabees assigned to Naval Mobile Construction Battalion 7 Detachment Senegal have begun construction projects in Thies (pronounced chess) to support Exercise FLINTLOCK 2010, a part of the African Partnership Initiative.

The detachment of Seabees will primarily concentrate their construction efforts on two projects; a Military Operations on Urban Training facility and a Known Distance Range for small arms training.

Shortly after arriving in Thies and establishing their base camp, the Seabees quickly mobilized project crews and began

working at their respective project sites with unwavering motivation.

Construction of the MOUT facility will require the Seabees to place and finish more than 420 linear feet of concrete formwork, to include the mixing of 32 cubic yards of concrete by hand. "I couldn't have asked for a better group of Seabees to complete this tasking," said Builder 2nd Class Richard Santiago-Martinez, project crew-leader.

The Seabees expect that the \$50K MOUT facility, estimated to require more than 210 man-days of labor to complete, will be finished by the end of June.

Construction of the small arms range will require the Seabees to place and finish more

than 436 linear feet of concrete formwork, to include mixing 25 cubic yards of concrete by hand. This project, at an estimated cost of \$16,648, will encompass 155 man-days of labor.

"Each crew, armed with various skill sets, areas of expertise and a "Can-do" attitude is meeting all challenges head on," said Chief Warrant Officer Antoine Stephens, detachment Officer in Charge.

Flintlock is part of an annual exercise program aimed to strengthen security institutions, promote multilateral sharing of information, and develop interoperability among the partner nations of the Trans-Sahara Counter-Terrorism Partnership. As

part of this program, FLINTLOCK helps to achieve United States Africa Command objectives for military-to-military training and multinational regional cooperation.



NMCB 7 Seabees set batterboards to establish building corners, construction of a Military Operations in Urban Terrain training facility.

June 3, 2010 RELIGION

## Five Principles for Parenting, Raising Your Family God's Way

The words from Deuteronomy 6:5-7 powerfully instruct us as parents to intentionally care for, nurture and model our lives by not only our love for God, but to impart that love and His teachings to our children.

CHAPLINES



We are reminded in Deuteronomy, "Love the Lord your God with all your heart, and with all your soul and with all your might. And these words which I command you this day shall be upon your heart; and you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise."

Still the question may be, "How do I as a parent practically care and nurture my children in the world we live in today?" The answer is through God's Word and leading.

Dennis Rainey, a well known Christian author and writer states, "My wife and I have not been perfect parents. When you have as many children as we do, God gives you a few hundred lessons along the way." Rainey shares a list of the "five nonnegotiables" he believes all parents need to follow to raise their family God's way.

First, parents must "Understand the Times." In the past, our society tended to reinforce the values not necessarily true today. Parents need to surround themselves with a few "like-minded parents" to support, encourage and counsel one another through the hard times in a modern

world. A good church is where you will find this kind of support system.

Second, "Have a Sacred Commitment to Each Other." This has everything to do with the love and bond between a couple as parents, in their commitment to work hard to resolve disagreements, forgive each other and remain faithful to each other. Your kids need to see your vows lived out in every circumstance, in times of both peace and conflict. Living this way, your children will feel a profound sense of security in them.

Third, "Know What You Believe." Often we are the only Bible someone will read, and Rainey makes the point that for children, parents are the "textbook your children read." It is important for parents to know what your unshakeable convictions are, as your deeply held values about life will influence your interactions with your children.

Fourth, "Remember God's Perspective on Children." Never forget children are a gift from God and raising children is a privilege and a responsibility. They have been given to us and no one else and should be raised to know Him and walk with Him.

Lastly, "Strive for the Right Goal." Your children need to grow to love and fear the Lord. This is far more important than making sure they have a good education, develop different skills or learn how to be successful in today's society. Instead, Rainey cites a real truth, "The fear of the Lord is the beginning of wisdom." (Psalm 111:10)

If you would like to speak with a chaplain for any reason please call the Religious Ministries

#### ANNOUNCEMENTS

Call the Chapel at 727-2161 for more information on Chapel events.

#### Rightly Dividing the Word of Truth

Develop a deeper relationship with God by learning and understanding the mind of Christ every Tuesday at 7 p.m., in the Chapel. Child care is provided.

#### **Evening Adult Bible Study**

This adult Bible Study led by Mike Cannon begins with a meal at 6:30 p.m. Thursday evenings and breaks off into a group study from 7 - 8 p.m. A video is viewed followed by discussion of the video and Scripture. All are welcome to attend and child care is provide

#### **COMREL Project**

NAVSTA Rota has been participating with the renovation process of La Cartuja Monaste. for the past several years. La Cartuja Monastery, in Jerez de la Frontera, is considered as of the buildings with greatest value in the Province of Cadiz. Other volunteer opportuni and COMREL locations are available. Contact the Chapel for more information.

Catholic Services  Mass - Sunday, Noon  For more info additional services: Church of Jesus Christ of Latter-Day Saints Call 956-84-3670.	Protestant Services Lutheran Divine - Sunday, 9 a.m. Contemporary - Sunday, 10:30 a.m. Gospel Service - Sunday, 1:30 p.m Traditional Service - Sunday, 6 p.
Seventh-Day Adventist Services  Call 727-4267.	Jewish Services Call 727-2161.

## Slip, Slop, Slap, For Sun Safety

By Monica Schutt USNHRS DPT, Health Promotions

With summer almost here, we will spend more time outdoors enjoying sun filled activities. While avoiding the sun

HEALTH BEAT

U.S. NAVAL HOSPITA ROTA, SPAIN is nearly impossible, practicing some sun safe practices can protect both you and your family.

The American Cancer Society suggests following a simple slogan of Slip, Slop, Slap when spending time in the sun. First, slip on a shirt. Wearing a

long sleeve shirt is best, but a short sleeve shirt will also assist in protection. Remember to apply sunscreen under the shirt because rays can still penetrate.

Next, slop on sunscreen. There are two types of ultraviolet radiation that reach the earth's surface and can initiate and promote the growth of cancer - UVA and UVB. We know sunscreens can protect against painful sunburn, but with so many to choose from, it is difficult to choose the best one for cancer protection. Read the labels when selecting a sunscreen

and check the expiration date. Sunscreens protect against UVB rays to varying degrees. Generally, the higher the sun protection factor number listed on the label (15 or greater), the better the protection for UVB rays, but not necessarily UVA. To protect yourself from both UVB and UVA rays, look for "Broad-spectrum" sunscreens. The best UVA protection comes from the ingredients avobenzone, titanium dioxide, or zinc oxide included in some broad-spectrum formulas. Apply sunscreen generously (one ounce) about 30 minutes before you go out in the sun so it will have a chance to absorb, and then reapply at least every two hours or more often if swimming or sweating. Furthermore, slap on a hat. The head and neck are common places that skin cancer to appear. For the best protection, a wide-brimmed hat is best.

Additional sun safety tips are to, Wrap on Sunglasses and Seek Shade. Choose sunglasses that block 99%-100% of UVA and UVB radiation. Darker glasses are not necessarily better. Children need smaller versions of real sunglasses and not toy models. Limiting sun exposure during the mid day or seeking shade when outdoors can help. Especially remember



to keep infants under six months out of direct sunlight. UV rays can penetrate on cloudy days, while you are in the water, and even through windows. So be sun savvy and remember the words "Slip, Slop, Slap" while enjoying your summer activities.



#### Naval Station Rota's Newest Additions

**Amariah Wonder Aliza Covington,** daughter of Harry and Virlisa Covington, born January 18, 2010 weighed 7 lbs. 4 oz.

**Abbigail Gold Harmon,** daughter of James and Erin Harmon, born March 9, 2010 weighed 8 lbs.

Lorelei Ayana Gabriel, daughter of Jacob and Eri Gabriel, born March 14, 2010 weight 5 lbs. 8 oz.

**Ezequiel Andol Castro Walker,** son of Andol Castro Salas and Claudine June Walker, born March 24, 2010 weighed 7 lbs.

**Logan Charles Charbonneau**, son of Charles and Mary Charbonneau, born March 25, 2010 weighed 7 lbs. 1 oz.

Evelyn Salayandia, daughter of Sergio and Erika Salyandia, born March 28, 2010 weighed 8 lbs. 9 oz.

**Ayeden Edward Archer,** son of Jared and Cassie Archer, born April 6, 2010 weighed 7 lbs. 14 oz.

**Ezekiel Jayden Miranda**, son of Osvaldo and Kathryn Miranda, born April 6 weighed 8 lbs. 9 oz.

**Wyatt Leslie Nelson**, son of Jeremiah Nelson and Lauren Schachner, born April 7, 2010 weighed 7 lbs. 9 oz.

Madden Michael Sweeney, son of Anthony Sweeney and Amber Pierce, born April 7, 2010 weighed 8 lbs.

**Logan Andrew Foy,** son of Joshua and Diana Foy, born April 26, 2010 weighed 7 lbs. 3 oz.

**Luis Yñigo Soliven,** son of Michael and Angelica Soliven, born April 26, 2010 weighed 7 lbs. 5 oz.

Layla Paige Gamache, daughter of Joseph and Vanessa Gamache, born April 27, 2010 weighed 8 lbs. 5 oz.

**Annora Larissa O'Quinn,** daughter of Dusty O'Quinn and Niomi Serna, born May 3, 2010 weighed 7 lbs. 3 oz.

**Damian Moroni Ortegon,** son of Carlos and Maria Ortegon, born May 11, 2010 weighed 8 lbs. 14.5 oz.

## **USAF JAG Corps Announces Law School FLEP, ELP Programs**

STORY BY JAN HAMMOND, COASTLINE

MADRID -- Applications for the Funded Legal Education Program and Excess Leave Program are being accepted from now through March 1, 2011. Interested officers are encouraged to compete.

"Air Force missions are constantly changing, and commanders deserve to have access to legal advisors with a broad background of military experiences," said Maj. Judy King, Staff Judge Advocate of the Office of Defense Cooperation, Madrid. "FLEP and ELP will ensure we can continue to maintain a corps of officers whose military experience complements their legal training providing commanders with the highest caliber of legal support."

According to King, Air Force JAGs do more than just provide legal assistance when prosecuting and defending clients brought before courts-martial. JAG officers routinely participate in nearly every facet of the Air Force mission including developing and acquiring weapons systems, ensuring availability of airspace and ranges where those systems are tested and operated, consulting with commanders about how those systems are employed in armed conflict, and assisting commanders in the day-to-day running of military installations around the world.

"Every facet of every Air Force mission is bound by elements of the law," said King.

FLEP is a paid legal studies program for active-duty Air Force commissioned officers and is an assignment action. Participants receive full pay, allowances, and tuition. FLEP applicants must have between two and six years active duty service (enlisted or commissioned) and must be in the pay grade O-3 or below as of the day they begin law school. The FLEP is subject to tuition limitations. Positions may be limited due to overall funding availability. The Air Force Institute of Technology establishes the tuition limit. Academic Year 2010 was set at approximately \$16,000 per year, but this amount may change year to year.

The ELP is an unpaid legal studies program for Air Force officers. ELP participants do not receive pay and allowances but remain on active duty for retirement eligibility and benefits purposes. ELP applicants must have between two and 10 years active duty service and must be in the pay grade O-3 or below as of the first day of law school.

Applications for FY10 FLEP and ELP will be accepted from Jan. 1, 2011 through March 1, 2011. Both the FLEP and ELP programs require attendance at an American Bar Association accredited law school. Upon graduation and admission to practice law in the highest court of any state, territory of the United States, or a federal court,



candidates are eligible for designation as judge advocates.

To be considered for FLEP or ELP, applicants must complete all application forms, applied (acceptance is not required at the time of application for FLEP/ELP) to at least one ABA accredited law school, received their Law School Admissions Test results, and completed a Staff Judge Advocate interview by Feb. 15, 2011. Officers must provide a letter of conditional release from their current career field. Selection for both programs is competitive.

Applications meet a selection board in early March, and selections are made based on a review of the application package using a "whole person" concept. AFI 51-101, Judge Advocate Accession Program, Chapters 2 and 3, discuss the FLEP and ELP.

For more information and application materials, visit www.airforce.com/jag, contact your base legal office, or contact Capt Laura DeSio, HQ USAF/JAX at laura.desio@pentagon.af.mil or 1-800-IAG-USAF.

# Bravo Zulu! More than 40 Rota Sailors Advance on Spring Advancement Exam



First Class

ABE1 Jonas Lawyer
ABF1 Kenneth Hardy
AC1 Richard Morton
ET1 Vincent Costigan
HM1 John Julian
HM1 Lynda Ingle
HM1 Cameron Martin
HM1 Elizabeth Ramos
HM1 Karl Daley
IT1 Carlos Rodriguez
LS1 Max Guillaume
MA1 David Baines
MA1 Andrew Greenwalt
OS1 Dwayne Stuckey
UT1 Nicholas Page



**Second Class** 

ABH2 Andre Ford ABH2 Justin Fauver ABH2 Nicholas Wareham AC2 Jeffrey Favot AD2 Ranier Estigoy ET2 Todd Carney HM2 Brandon Reyes HM2 Michael Shrader Jr. HM2 Michael Acevedo PS2 Jorge Peralta RP2 Kyle Jonas



ABH3 Jason Ogletree
AC3 David Gully
CE3 Kyle Winkel
HM3 Tameka Atkins
HM3 Wendell Stanford
HM3 Mark Warren
HM3 Austin Edge
HM3 Christian Bustamante
HM3 Courtney Chesson
HM3 Maria Taylor
LS3 Jasmine Freeman
LS3 Kongchen Moua
MA3 David Paszkowski
MA3 Kyle Hill
UT3 Jonathan Thomas

YN3 Trevor Edwards

### Lifetime of Service Comes to and End

STORY BY MC2 (SW) KARALIE POLLOTTA PHOTOS BY IAN HAMMOND, COASTLINE

After a Federal career and military service that has spanned over 50 years, Armando Ocho-Torena had his second retirement on May 26.

Ocho-Torena served in the U.S. Navy from 1956 to 1986 and spent over 20 years as a civilian contractor. In 1989 he began his civilian career by serving as Command Drug and Alcohol Program Advisor at U.S. Naval Activities Rota, Spain.

During his civilian career he received a Navy Civilian Meritorious Unit Commendation in June 2008. His Drug and Alcohol program has been known as the best program in Navy Region Europe, a fact proven by Navy Europe and Department of Defense inspectors.

After a lifetime of service to your nation, the United States Navy, and U.S. Naval Activities Rota, thank you for a job well done. Fair winds and following seas.





### Thank You For Making a Difference

Story and Photo By Connie Thompson, DGF Elementary

When anyone around David Glasgow Farragut Elementary says the word volunteer, one name comes to mind and it is Wade Cruse. Wade has served on DGF's PTSA board since arriving in Rota and has served as the president the past two years. Under Wade's leadership, DGF's

PTSA has accomplished many things and served the students and teachers in the school on a daily basis. He helped organize the annual first day of school celebration, got children all abuzz for the spelling bee and held fundraisers like the Fall and Spring yard sales and Silent Basket Auction. Bu these are just a few of the things he did.

Wade is a regular parent volunteer in his daughter's classroom and worked many days as an on call substitute teacher. Needless to say, Wade Cruse will be sorely missed here at DGF Elementary. The faculty, staff and students would like to wish the entire Cruse family the best of luck in the next phase of their life-San Antonio is one lucky city.



14 June 3, 2010 CULTURE



## Corpus Christi

Corpus Christi is the Catholic holiday in honor of the presence of the body of Christ in the holy wafer. It is celebrated throughout Spain and is held in either May or June depending on when Easter

occurs. A solemn and magnificent procession bears the consecrated host through the streets. Although Corpus Christi is celebrated everywhere in Andalucia, it is most famous in Granada where this religious celebration is fused with the annual feria as well as in Toledo.

The history of Corpus Christi in Granada is particularly interesting because the Catholic kings used it as a tool to Christianize a population that had been under Muslim rule for some eight centuries. According to historical accounts, they even instructed the town hall to invest large sums of money into the fiesta and urged the town to celebrate until they "appeared crazy". Being the obedient citizens they were the "Granadinos" willingly complied.

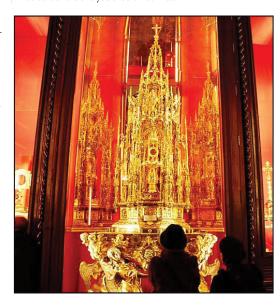
In the beginning the people of Granada just celebrated the festival on the actual day of Corpus Christi. In the 17th century, someone had the bright idea of starting on the eve of the big day. From there it was only a matter of time before the religious event was merged with the annual fair in the biggest celebrations of the year.

While the Granada Corpus Christi celebration is the most spectacular, this religious holiday is celebrated in most towns in Andalucia. Of particular note are Zahara de la Sierra, El Gastor, Jerez de la Frontera which are all in the province of Cadiz. Also a special mention to the Corpus Christi celebration in Sevilla, June 3, and is local holiday, and Cadiz.

Today it is still typical to carpet the streets of towns and villages with greenery for the solemn processions. This adds a special ambi-

ance to the processions. The Corpus Christi parades also tend to attract all the local authorities, and in some cases, military personnel as well

Corpus Christi celebration is part of the culture and traditions of Andalucia and is one you should not miss.



## AREA ACTIVITIES

#### **Upcoming Ferias in the Province of Cadiz:**

Sanlucar de Barrameda – Feria de la Manzanilla **June 2 to June 6** 

Puerto Real – Spring fair **June 2 to June 6** 

Medina Sidonia – Spring Fair June 2 to June 6

Chiclana de la Frontera – Feria de San Antonio June 9 to June 13

Algeciras - Feria Real de Algeciras **June 19 to June 27** 

#### Area activities:

Corpus Christi Celabration:

Sevilla, **June 3**Zahara de la Sierra – **June 6**Jerez de la Frontera – **June 6**Cadiz, Rota and Puerto de Santa Maria – **June 6** 

Upcoming Bullfights:

#### Thursday June 3

Sevilla – Real Maestranza Bullring Bullfight – Six bulls from Lorca's ranch for: Juan Jose Padilla, Uceda Leal and Salvador Cortes

#### Saturday June 5 at 7 p.m.

Sanlucar de Barrameda – El Pino (Bullring) Bullfight - Six bulls from Torrealta's ranch for: Morante, Manzanares and Cayetano

#### Saturday June 12 at 7 p.m. Chiclana – La Longuera Bullring Novel Bullfight

#### **Sunday June 13** Sevilla – Real Maestranza Bullring

Novel Bullfight – Six young bulls from San Roman's ranch for:
Alejandro Espla, "El Nico" and Aangelino de Arriaga
Algeciras – Bullfight program (For more info call 727-2813)
Sunday June 20 - Regular bullfight
Thursday June 24 - Novel bullfight
Friday June 25 - On horseback bullfight
Saturday June 26 - Regular bullfight
Sunday June 27 - Regular bullfight

## www.plazatorosalgeciras.com Other activities:

Rota – "Tapas Day" at Hotel Colon Costa Ballena Juan Carlos I Avenue, Costa Ballena Resort Saturday and Sunday, noon-2:30 p.m. For each drink, one "tapa" for tasting

#### June 16 to June 19

Cadiz – Baluarte de la Candelaria – Apodaca Square Pasarela South 36.32N New Fashion Latitude www.guiadecadiz.com

#### Until June 6

Cadiz – XXVII Festival Internacional del Titere "City of cadiz" www.guiadecadiz.com

#### Until June 13

Conil (Cadiz) - Ruta del Atun de Conil www.guiadecadiz.com

#### June 4 to June 6

Placilla 2: June 5 - 26.

Cadiz – Euroglobe 2.0 Music Festival www.guiadecadiz.com Concert by Stacey Earle & Mark Stuart (USA) tonight in Sala Milwaukee at 9:30 p.m. Avda. Bajamar, 10. Entrance 6 euros.

Art Exhibit by Juan Carlos Busutil in Galería Artífice in Casa de Los Leones,



6 June 3, 2010 **VISTA** 



## Oslo, The Complete Package

STORY AND PHOTOS BY PAULINE WEAKLEY

Between the Fjord and the green hills of Oslomarka lies one of Europe's largest capitals 'Oslo'. The combination of city life and easy access to outdoor activities makes the city a unique destination, brimming of tall, leggy blondes and a fascinating Viking history.

The perfect size for exploring on foot, the city boasts world class museums like the National Gallery, Munch Museum and the Kon-Tiki Museum. There's a wealth of exploits for the outdoor enthusiast, a vibrant, lively nightlife in the city center and for roller coaster addicts, the Tusenfryd Amusement Park, which has the world's highest and steepest drop to the water is only a 30 minute bus ride away.

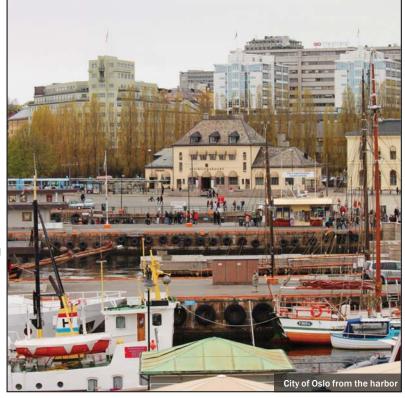
Getting around the city is easy. The Oslo Pass is convenience made simple, as one ticket gains access to the bus, tram, metro or ferry valid for 24, 48 or 72 hours, as well as free entry to more than 30 muse-

ums and attractions.

Norway's most popular attraction is Vigeland Sculpture Park with more than one million visitors each year. Gustav Vigeland created 192 sculptures against lush greenery, consisting of entwined lovers, tranquil, elderly couples and whimsical children filled with emotions and angst.

With an entire population situated around a bay, it's no wonder Norwegians have a strong and close relationship with boating and this is evident in the Oslo Fjord, Norway's most popular recreation area with several islands, each with its own identity and distinguishing history.

If you're searching for a vacation destination that includes shopping, culinary delights that surprisingly embraces spicy foods, cultural and historical facets, cycling, hiking, ice-skating, sailing and skiing, all within its city limits and a short train ride away, look no further... Oslo is the complete package.





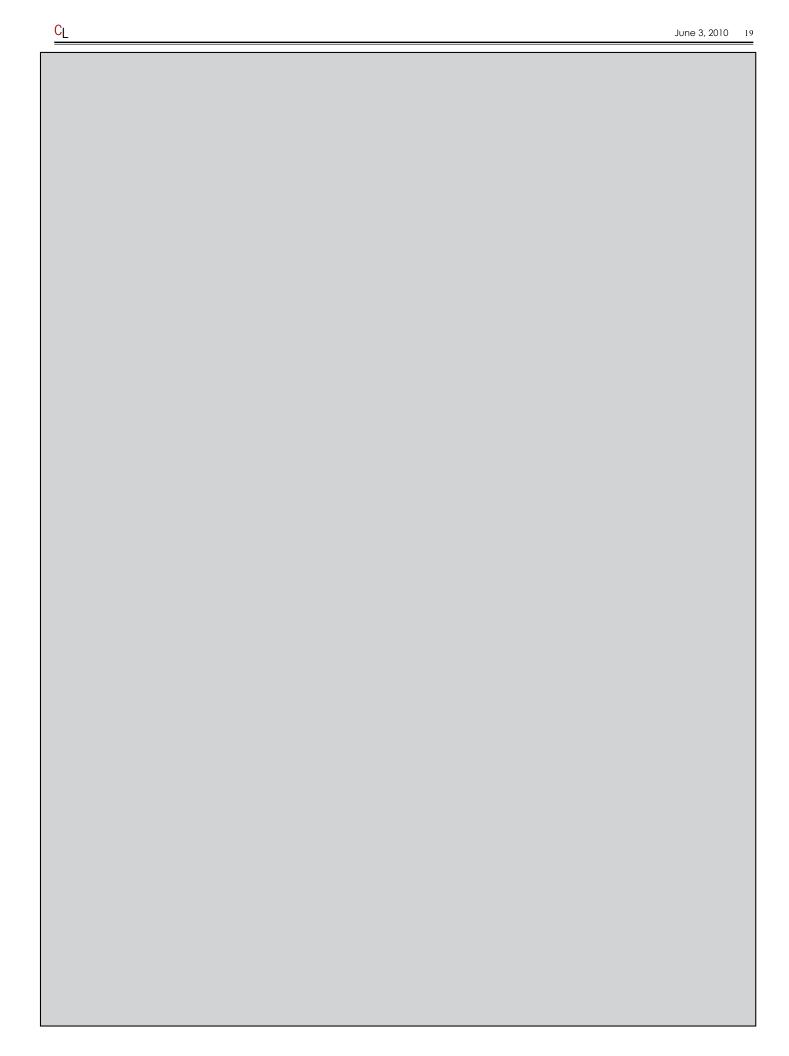




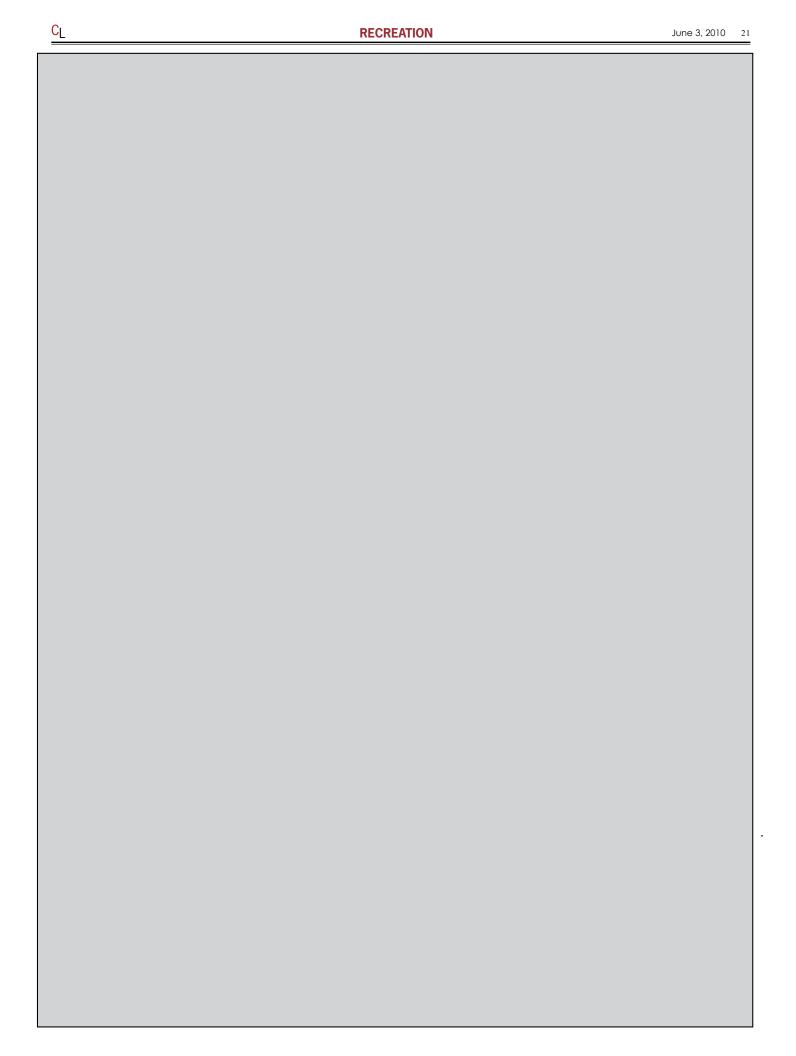




Drink: Norwegian Akevitt, which is the local firewater made of flavored distil Aquavit, a traditional drink at Christmas time, said to have the great power	
Websites:www.visitoslo.com	
In A Word: Velkommen (welcome)	The Fjord
	and the



SUNDAY	Monday	Tuesday	WEDNESDAY	Thursday	FRIDAY	Saturday
		Ju	ne	Single Sailors Golf League: Golf Course, Every Thursday, 6 p.m.  Empowerment Bible Study: Chapel, Every Thursday, 7 - 9 p.m.  Credit Management: FFSC, 2 -3 p.m.	Resume Review: FFSC, 10 a.m noon.  Music Makers Club: Youth Center, Every Friday, 3:30- 4:30 p.m.  Triple Play Field Day: Youth Center, Every Friday, 4:30-5:30 p.m.	Flip a Coin Day: Rota Lanes, heads you pay \$2/ game, tails pay regular price. 12 - 8 p.m. Sex & The City 2 Premiere Event: Gateway Theater, 7 - 11:30 p.m.
6	7	8	9	<u>10</u>	<u>11</u>	<u>12</u>
	NMCRS Thrift Shop: 11 a.m 2 p.m. Voyage to Book Island: Summer reading program, Li- brary, 10 - 11 a.m. Ages:6-8. Every Monday.	Storytime: Library, 11:30 a.m 12 p.m. Every Tuesday. Tumbling for Tots: Fitness Center, Every Tuesday 10 -10:45 a.m. Ages: 18-36 mths.	AA: Every Wednesday, 7 p.m. Bldg 575. Call 649-13-4248. Easy Local Bike Ride: I'TT, Sign up by June 8th. Free.	Empowerment Bible Study: Chapel, Every Thurs- day, 7 - 9 p.m. Liberty Postcards from Spain Night: Expeditions, 6 - 8 p.m. Free. Grief Support Group: FFSC, 4 - 5 p.m.	Rio Verde Canyon Decending: ITT, Sign up by June 5th.  Guys' Night: Rock Climbing and German food, Youth Center. Sign up by June 8th.	Cupcake Creations Decorating Class: Hospital Kitchen, 11:30 a.m 1p.m.  Big Daddy Father's Day Fitness Challenge: MWR Youth Sports field, 6:30 - 9 p.m. Sign up by June 8th.
13	14	<u>15</u>	16	17	18	19
	Belly Dancing Classes: Fitness Center, Every Monday, 10 -11 a.m. Ages: 14+.	Father's Day Come Honor your Father with Stories: Library, 11:30 a.m 12 p.m.  Planning for Retirement: FFSC, 3 - 4 p.m.	Pre-Ballet Classes: Fitness Center, 4 - 4:45 p.m. and 5 - 5:45 p.m. Ages: 3-5. Parent & Child Craft Class: Expeditions, 11 a.m 12 p.m. Ages: 2 - 6. Every Wednesday.	Voyage to Book Island: Summer reading program, Li- brary, 10 - 11 a.m. Ages:8-12. Every Thursday.  Cheerleading Stunting: Expeditions, 7:30-8:30 p.m. Ages: 13-17. Every Thursday.	Pointe Ballet Class: Fitness Center, Ages: 12+, 7 - 8:30 p.m. Every Friday.  Cheernastics: Expeditions, 5 - 6 p.m., Ages: 5-7.  3K Doggie Dash & Frisbee Competition: Fitness Center, 5 - 7 p.m.	AA: Every Saturday, 7:30 p.m. Rota's Church (Iglesia del Carmen, C/Calvario 67). Call 649-13-4248.  Kids Father's Day Craft Class: Expeditions, 1 - 2:30 p.m. Ages: 5 -12.  Sprint 2010 Triathlon



22 June 3, 2010 **COMMUNITY** 

#### AROUND BASE

#### **Food Safety Training Classes**

All fund raising events are required to have food volunteers either Basic Food Trained or have one Manager Trained person present. Preventive Medicine is scheduled to offer the Basic Food Training Class **June 7**, 8:30 a.m. − noon (English) and 1 − 3:30 p.m. (Spanish) with the Managers Food Training Class **June 16**, 8:30 a.m. − 3:30 p.m. Contact 727-3338/2999 or preventivemedicine@med.navy.mil for more information or to register.

#### **NMCRS Limited Hours**

The Navy Marine Corps Relief Society office hours are 9:30 a.m. – 2:30 p.m. until **June 7**.

#### **Dodge Ball Tournament**

The Navy Ball Committee is scheduled to hold a Dodge Ball Tournament June 11, noon -2 p.m. at the MWR gym. Sign up for the five man double elimination tournament at the gym front desk for a \$5 donation per person.

#### Hospital Corpsman B-Day 5K/10K Fun Run

June 12, 9 a.m. at the MWR Fitness center. Registration begins June 1 at the Fitness center. Prizes awarded to the first second and third male and female in the 10K event. The race will be followed by a BBQ in front of the Fitness center.

#### **ENT Specialist at USNHRS**

An Ear Nose and Throat specialist is scheduled to visit USNHRS **June 22 – 24**. Contact your PCP for a referral or call 727-3618/3620 for an appointment if you already have one. This visit is for clinical appointments only; no surgery will be performed on those days.

#### **NMCRS Thrift Shop Summer Operation Hours**

The Navy-Marine Corps Relief Society will no longer be open on Wednesday s during the summer months. The shop is scheduled to be open normal business hours on Mondays and Fridays, as well as the third Saturday of every month. Contact the NMCRS office at 727-1614 or stop by the office in the new Community Support Building for more information

#### OCSC Family BBQ and Paella Picnic

The Officer and Civilian Spouses' Club is hosting a fundraiser family BBQ and paella picnic at Seaview Pines **June 13**, 2-7 p.m. All are welcome to come join in the fun. \$7 or 5 euros for adults. Kids over 2 eat for just \$1 or 1 euro and adults are \$7 or 5 euros. Please bring your own drink. Games and food included. Contact www.ocsc.es for more information.

#### **Baby Basics and Breastfeeding Class**

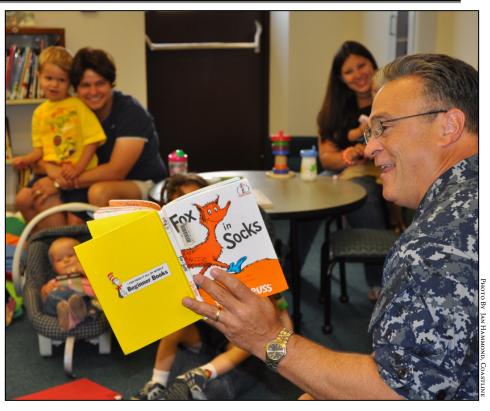
The NMCRS is scheduled to hold a Baby Basics and Breastfeeding class **June 16**, 5-8:30 p.m. in the Health Promotions Kitchen. Contact the NMCRS at 727-1614 for more information or to sign up.

#### Volunteers Needed For Horse Rescue Project

Looking for volunteers from the Rota Community to go to the Cyd Santa Maria Horse Rescue Centre (www.cydanimals.com) in Malaga to provide much needed manual labor and support to an organization that provides a safe haven for severely injured and abused horses. This event has been re-scheduled for June 25. Come enjoy a day of hard work, good food, and meet some new friends as we install a install fencing, fix roofs, muck stalls and help exercise the horses. Contact Rich or Jan Hammond at 956-38-9599 or email richandjanhammond@yahoo.com.

#### **RAO Office Has Moved**

The Retired Activities Office has relocated along with the rest of the FFSC on the ground floor of the new Community Support Building #3293. The RAO office is now fully operational in the new location and will be open Monday, Wednesday and Friday, 1 - 4:30 p.m. Contact 727-3232 for more information.



CMDCM (SW/AW) Chuck Scavo, NAVSTA Rota command chief, reads a Dr. Suess story to youngsters and their parents at the base library during storytime, May 25. The Rota library offers Storytime every Tuesday at 11:30 a.m. where children hear stories from various guest readers.

#### Piano and Guitar Teachers Needed

MWR Community Classes is looking for instructors to teach individual piano or guitar. For more information contact Christine at 727-1382 or communityclasses@rotamwr.com.

#### **Alcoholics Anonymous**

Join the weekly AA meetings scheduled for every Wednesday at 7 p.m. at Bldg. 575. Call 649-13-4248 for information.

#### Galley Open Weekends to Auth. Recipients

The Galley is now open weekends to all authorized cashpaying personnel who are in possession of a valid U.S. government issued photo I.D. card.

#### **NAVSTA Rota Town Hall Meeting**

Hear about the latest Public Works project or when is the next big race from MWR or FFSC trip is going. Find out the latest by attending the monthly NAVSTA Rota Town Hall meeting. The next Town Hall meeting is scheduled for June 17, at 11 a.m. in the NEX Food Court, or listen to the meeting live on 102.5 FM.

#### DGF SCHOOLS

#### **Sure Start Program**

DGF is now accepting applications for the Sure Start Program. Applications must be completed and returned to the elementary school office no later than August 15. Acceptance emails will not be made before August 28. For more info contact the main office at 727-4185/4187.

#### **NEX A-OK Student Reward Program**

Any eligible full-time student with a B-grade point average or better may enter a drawing for U.S. Savings Bonds given each quarter. Stop by the NEX with a current report card and fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

#### **NAVY COLLEGE**

#### **UMUC Summer Registration**

Registration for face-to-face courses is available through May 30. Registration for distance education courses continues through June 13. For more information contact 727-2917 or rota@ed.umuc.edu. UMUC Europe is also on Twitter www.twitter.com/UMUCEurope and Facebook providing news, information, and updates.

#### UMUC Offers Military Spouse Scholarship

UMUC Europe is offering the \$500 Military Spouse Appreciation Scholarship created exclusively to help military spouses of all active-duty service members. Both new and current students are eligible to apply. For more information on registration, scholarships, and services For more information contact 727-2917 or rota@ed.umuc.edu.

#### **Central Texas College Seeks Instructors**

Central Texas College seeks instructors for their Early Childhood Development and Automotive courses. Applicants must possess at least an Associate degree in Childhood development or Automotive Mechanics or have ASE certificates and work experience. Contact 727-2574 or ctrota@hotmail.com for more information.

#### Masters Degree in Human Relations

Earn your Masters in Human Relations through the University of Oklahoma in as little as 16-24 months. This degree can open doors in HR Mgmt, Public Affairs, Counseling and other career fields. Call Trevor Sloan at 727-2799 or aprota@ou.edu to learn more.

#### Sign-Up For UMUC Now

UMUC offers more than 25 different degree plans in Certificates, Associate, Bachelor and Master degrees. Financial Aid options are available for dependents along with Tuition Assistance for military members. Stop by the Navy College now or contact 727-2917 or rota@ed.umuc.edu.

Editor's Note: Submit community news announcements no later than the Friday before the desired publication date to coastline@eu.navy.mil. Submissions are limited to 65 words or less and may be edited due to space constraints. Contact the Coastline at 727-2813 for more information.

Call 727-3232 to pre-register for all FFSC functions.

#### Resume Review

**June 4**, 10 a.m. - noon and **June 11**, 1 - 3 p.m. Do you have a current job announcement and need your resume reviewed? If so, drop off or email your resume with the job announcement at least 24 hours prior to the review appointment. Individual half-hour sessions are available, so sign up now and review your resume with one of our specialists.

#### First Term CONSEP

June 7 - 10, 8 a.m. - 4 p.m. Identifying and reach your career and life goals. This dynamic course is designed for Sailors in their first term enlistment with at least 12 months remaining on their contract. This course is focused on you with modules on financial success, Navy career programs, and goal setting. Get yourself on track for success. Contact your CCC or the FFSC to sign up and continue down the road to both personal and professional success.

#### Field Trip: Walking Tour in Jerez de la Frontera

**June 8**, 9:30 a.m. - 2 p.m. FFSC is scheduled to walk downtown and exploring the main monuments, shopping district, fresh produce market and more.

#### **Grief Support Group**

**June 10**, 4 - 5 p.m. Have you recently suffered the loss of a loved one? Need someone to provide a safe environment and walk beside you as you go through the grieving process? This confidential group is designed to assist you as you work through your grief. Join us.

#### **Sponsor Training**

**June 10**, 9 - 11:30 a.m. If you have been assigned as a sponsor take a couple hours out of your work day to receive the



Savannah Taylor, I&R Specialist, waits to help visitors to the FFSC. The FFSC recently moved their office to the new Community Services Building, on the first floor of Bldg. 3293. Opening hours are Monday – Friday, 8 a.m. – 4:30 p.m. Stop by and check out their new office and see how they can help you.

latest information to pass on to your sponsoree. The SMEs from Housing, PSD, Personal Property, WIC, and the School Liaison Officer will let you know everything you need to know to ensure incoming personnel have a smooth and hassle free transfer. Spouses are also encouraged to attend.

#### **Business Resumes**

**June 11**, 9 - 10 a.m. Ten seconds! That is the average time your resume will receive. Discover the key elements on a resume and how to catch the employer's eye. Learn how to market yourself for your dream job.

#### Family Field Trip: Medina Sidonia

June 11, 8:45 - 3 p.m. Enjoy this walking tour to the old town of Medina Sidonia. One of Andalucia's most pinturesque pueblos blancos (white villages). The town of Medina is located at the top of a hill that oversees a wide valley. We will be walking downtown and exploring the main monuments with a local guide. After the visit there will be time for tapas or lunch. Field trip fee is 5 euros per person.

#### **Retirement Planning**

June 15, 3 - 4 p.m. Planning for your retirement is not a want but a need for you future. Come to this workshop and receive information on your retirement needs, choosing the best plan for you, and building personal savings and investments so you can be in command of your own future.

#### L&L Seminar: White Villages of Cadiz/Malaga

**June 15**, 11:30 a.m. - 12:30 p.m. Join us to know about these impressive historical monuments and their people. Traveling far from big cities, you will find scenic travel routes that will allow you to visit small and medium size villages in the provinces of Cadiz and Malaga.

#### **Assertive Communication**

June 16, 10 - 11:30 a.m. Have trouble saying "no", even when you really want to and feel like people walk all over you? Would you like to know yourself and build your self-esteem? Join us and learn practical ways of expressing yourself.

## Don't Make It Easy For a Thief To Steal Your Bicycle

STORY BY NAVSTA ROTA SECURITY

Summer is approaching fast and bicycle's have become a pretty popular alternate means of transportation around the base. For some it cuts down on gasoline costs, they are cheaper than buying a second car and some use it as another means of getting a cardio work out while going to and from home, school, or work. However with the increasing popularity of bicycling as a sport and as a means of transportation; bicycles have become an easy target for thieves.

Most of the thefts that have occurred on and off base are due in part to the bicycle not being secured. Try to break the habit of leaving the bicycle in your carport or patio when not in use or overnight. If you have room in your storage shed or inside your house store it there. Don't make it a tempting target for theft by leaving it in plain view for all to see.

Both adults and children should get in the habit of locking their bicycle when visiting friend's houses or stopping at other base establishments. Bicycle racks are a tool available to safeguard your bicycle, but only when used properly. It does the bicycle no good if it's in the bicycle rack with no lock.

Do not assume that just because you are on base or your bicycle is in your carport that it is safe. Complacency and a false sense of security are the contributing factors in property theft. Don't leave your bicycle out for the public to view. Once it's off base it is nearly impossible to recover.

NAVSTA Rota Security offers a bicycle registration program where they conduct a safety inspection, document the bicycle's serial number and issue a registration decal, which can assist us in locating the owner in the event that the bicycle is recovered. This is a free service to the community.

Ultimately the best physical prevention against bicycle theft rests with the owner. Here are some tips owners can take to safeguard their bicycles: Lock as much of the bike as possible. Remove the front wheel if there is a quick release; put it next to the back wheel; run

the lock through both rims, and frame.

Use a U-shaped lock, and lock the bicycle to something that can't be broken or ripped out of the ground. Make sure a thief can't lift the bike off the mount (such as off a pole). Lock the bicycle in a lighted, visible place where there is plenty of pedestrian traffic. Make sure the lock is not near the ground where it can be hammered.

For more information, or questions regarding this story or more security tips, contact the NAVSTA Rota Security Department at 727-2907.



## NCTAMS Rota: Leading the Way to Alcohol Awareness

STORY BY ET1(SW) WENECIO M. GODFREY

It has been four years since the Navy Computer and Telecommunications Area Master Station Detachment Rota experienced an alcohol-related incident. Such an impressive track record begs the question: what has made them so successful in preventing these types of incidents?

Several key factors contribute to NCTAMS current success rate. NCTAMS takes a firm stance in its education, expectations and enforcement of alcohol policies with its Sailors and civilians. The approach that the command takes towards alcohol use is not "non-use", but a" responsible use" approach.

"I think reason the NCTMAS has been so successful in preventing alcohol related incidents is a combination of an effective, hands-on training and alcohol deglamorization program," said Information Systems Technician Chief (SW) Steven Cesare, the command's drug and alcohol program advi-

sor. "I also think we have some very mature and responsible sailors".

Division Chiefs and Leading Petty Officers at NCTAMS stress the importance of being safe and responsible prior to the start of granting weekend liberty to all Sailors. The command also ensures everyone is currently up-to-date on Navy policy and alcohol awareness requirements.

Additionally, the NCTAMS First Class Petty Officer Association started a "Safe Ride" Program they utilize during holidays and local area events, such as the local Ferias. Sailors volunteer their time by providing a free ride to ensure any sailor safely arrives at their home.

NCTAMS Rota's Safety Manager, Electronics Technician First Class (SW) Carl Booth recently scheduled and set-up a command safety stand down, in which alcohol awareness was a key topic given by the assistant command DAPA coordinator,

Electronics Technician First Class (SW/AW) Kelly Howard. Everyone in attendance was also handed a command "Get Home Safe" card, which gives a quick look to important numbers such as Rota and Puerto taxi services, the duty driver, base security and other important numbers that could become very helpful during any emergency situation.

"The reinforcement of policies and creating a trust structure between each Sailor has positively increased decision making and awareness throughout the detachment," said Lt. Cmdr. James Pasley, the NCTAMS assistant officer-in-charge. "I'm very proud of our Sailors iniative."

## **Be Safe This Summer**

STORY BY NAVSTA ROTA SECURITY

As summer approaches, unfortunately so does an increase in crime and criminal activity. Much of the increased crime can be attributed to the significant increase in tourists throughout the surrounding communities. Another important factor is the lack of personal crime prevention measures.

We see three common denominators involved in crimes, robbery, theft, assaults. These factors are: failure to practice the buddy system; time frames of occurrence between of one and five a.m.; and alcohol involvement.

Removing or avoiding these factors can prevent nearly all personal crimes. However, just removing one section of the "pyramid" significantly reduces your chances of becoming a victim. We are very fortunate to live in a very safe environment. Our statistics show that crime has continued to decline over a three-year period and we are encouraged this trend will continue.

The practice of personal crime prevention measures and crime prevention education has been the key to this success. Be active in your community. Trust your sixth sense. If something doesn't feel right, it probably isn't right.

If you have any problems out in the community or any where during your summer travels, contact NAVSTA Security at 34-956-82-2000 / 2001.

## AAFES and NEXCOM Reconnect Bankrupt Phone Company Cardholders

DALLAS/VIRGINIA BEACH – Sailors, Airmen, Marines and Soldiers left holding inoperative "C-3" ("Tele2") phone cards are being advised to visit their nearest PX, BX or NEX for a full refund after telecommunications vendor C3 Europe Limited filed for bankruptcy in a United Kingdom court late last week. Available in denominations of \$10 and \$20, "C-3" phone cards were sold through vending machines at locations in Germany, Italy the UK and Spain. The phone cards were also sold through vending operations and at the counter of Navy exchanges in Naples, Rota and Sigonella.

As of May 16, the supplier has blocked all of the activated vended cards.

Exchange shoppers in possession of non-functioning "C-3" cards with remaining minutes can go to the customer service area of their nearest Army, Air Force or Navy exchange to receive full refunds for the face value of the card.

"C-3" cards are distinguished by an image of the Earth along with the words "Keeping YOU Connected." Other, non-vended, phone cards, such as AT&T Global Prepaid Phone Cards, are unaffected by C3 Europe Limited's bankruptcy.



## Selection Boards Rescheduled, Sailors' Records Safe

By WM. CULLEN JAMES

MILLINGTON, Tenn (NNS) -- Selection boards have been delayed due to the May 1 flash flooding at Navy Personnel Command but none will be canceled, according to Navy Personnel Command officials.

"The active E-8 board which was in progress has been suspended. We have also delayed the active O-4 staff board which was to convene next week -both until further notice," said Capt. Leo Falardeau, NPC assistant commander for Career Progression.

"The floods damaged a substantial amount of equipment," said Falardeau. However, critical Sailor personnel data was pulled and saved. Farlardeau also indicated personnel data held in NPC's computer systems are essential to the board proceedings and reclamation of that equipment is in progress.

"Once the computer systems come up, we will take a day to test them. If everything's in order, we will immediately formulate a plan to reconvene those boards," Falardeau said. "We will conduct all boards; it will just be at a later time."

Sailors wondering about the status of their board packages also need not worry.

"Nothing was lost; your documents are safe," said Greg Moody, deputy director of NPC's customer relations management. The Customer Service Center, which Moody oversees, processes all board packages for NPC. "The storm that happened over the weekend didn't affect board correspondence," said Moody.

The mail facility at NPC did not flood. Additionally, all board correspondence was retrieved Friday afternoon and transported for processing.

Moody's staff was able to go back into the building after the water subsided to retrieve the board packages.

"We processed 372 packages and have moved some of our people to a location where they can more easily process packages," said Moody.

Packages are now flowing as normal into NPC via mail. However, Moody said emailing and faxing packages into NPC is not recommended until further notice.

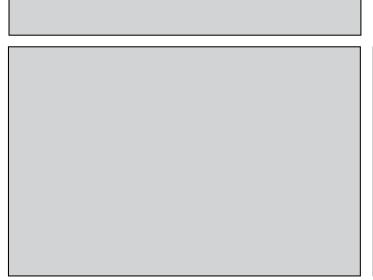
"Documents sent to the boards before the storm are safe," said Moody. The Selection Board Portal is active and available for service members to check the status of the packages processed through April 30 at https://customerservice.ahf.nmci.navy.mil/Portal/page/portal/CSC/NP-CHOME on a CAC-enabled computer.



AO2 Jarrod Snell, assigned to Navy Personnel Command, carries damaged computers from his work center during flood recovery operations at Naval Support Activity Mid-South. The base was closed to residents and non-mission essential personnel after two days of rain dumped more than 14 inches in the area May 1 and 2, causing severe flooding on parts of the base.



Personnel assigned to the Office of the Chief of Naval Operations at Naval Support Activity Mid-South remove office supplies and personal items during flood recovery operations. The base was closed to residents and non-mission essential personnel after two days of rain dumped more than 14 inches in the area May 1 and 2, causing severe flooding on parts of the base.



### Enjoy Chill Out, Beach Club at Hotel Playa de la Luz This Summer, Take Advantage of Season Tickets at Aqualand

Chill Out at Hotel Playa de la Luz is scheduled to open June 11. Chill Out offers a pleasant and cosy atmosphere with background music that invites you to let go and get carried away by the sound of the waves as you enjoy a beau-



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tiful sea view and marvellous sunsets. I am sure some of you remember this wonderful spot from last year.

The Beach Club is new this year and is scheduled to open June 18. The Beach Club is a multipurpose area

open from 9:30 a.m. to 9:30 p.m. with an array of amenities such as a pool, solarium, hammocks, towels and fitness activities (aquagym, pilates, step, etc.), a newsstand, a boutique, hairdresser and beautician, massages, and a bar with lots of fruit drinks and ice cream as well as cocktails and sangria, with a WIFI area, parking and a place for parties and celebrations. It sounds great.

Summer has almost arrived although it is not yet official. Summer means Aqualand, the water park in Puerto de Santa María, will soon be opening. This year they have a good deal on season tickets: 59 euro for adults and 39 euro for children. This translates into .70 per day for adults and 46 euro per day for children. This year the children's area has been totally renovated and once again, you can swim with the sea lions. Fun is where the water is.

Takiko now has a wireless credit card machine so you

can pay with a credit card even on home delivery or delivery to the base gate. Also, with the ad that appears in the Coastline, you can get a 10 percent discount in the restaurant or a five percent discount on home deliveries. Take advantage of this offer.

Los Argentinos opens tomorrow after a week long vacation. Unfortunately, I found out about their closing too late to get it in the last issue. They apologize for any inconvenience.

Restaurante La Brisa on the boardwalk in Virgen del Mar in Rota has now gone to summer hours. They now open every day from noon – 6 p.m., and from 8 p.m. - midnight except on Mondays when they are closed.

Tomorrow night is Italian night at Molly Malone. Don't miss it.

Last week I received an e-mail from one of the folks in Morón. "Finally had someone here give me directions to Bailey's and drove down from Morón Saturday to try them out. They seemed quite busy with a large communion but still had the time to prepare a nice table for us. Service was great as was the meal. We'll go back again. As usual, mentioned the Coastline." - Ken

The city of Rota plans to have the projected "Vía Verde" or Green Way ready by the beginning of July in spite of all the set backs due to the heavy rains this past winter. The Vía Verde will run from the entrance of Rota in the industrial area to the city limits of neighboring Chipiona. It will be a biking/hiking route with several rest stops with tables



and benches along the way.

Anything you want me to pass along? Let me hear from you about your favorite places or coming events. I do like hearing from you. Send me an e-mail to Karen@ coastline.e.telefonica.net or give me a call at 607-56-4132. Support your paper by supporting the advertisers.

## **NEX Web Store Launches Product Information Site**

STORY BY KRISTINE STURKIE NEX PUBLIC AFFAIRS

The NEX's web store has launched a product information center on www.myNavyExchange.com. This feature provides customers access to pricing information as well as product images, descriptions and specifications for TVs, cameras and computers that are available for purchase in NEX stores.

"We added this feature to our web site so customers



could have the opportunity to read up on the products they were interested in purchasing and check availability before they got to the store," said Karen Connery, Navy Exchange Service Command Director, e-

Commerce. "Industry studies confirm that customers conduct research online at retailers' web stores for at least half of all their purchases regardless of the channel from which they shop. Our product information center also provides our customers the opportunity to write or read product reviews to help them make their purchase decisions."

Once a customer logs on to www.myNavyExchange.com and is authenticated as an authorized customer, they may select a CONUS or OCONUS region where they would like to shop from either a drop down box, or interactive map. From there, they can then select a merchandise category to research and then the specific item he or she is interested in learning more about. The item detail includes current NEX price, an image, description and specifications for the

product as well as a list of NEXs within the selected region where the item is currently available for purchase, subject to availability. Customers will also have a chance to write a review of the product and the rating of the product will appear as anchors. Finally, the link to the "Store Finder" will allow customers to find store hours of operations, phone number and directions to which NEX the product is available for purchase. "We're excited about providing access to our great

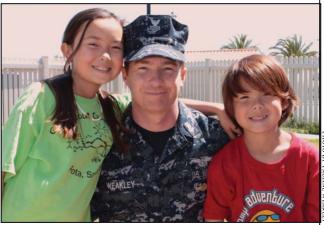
product assortment and prices available at our stores via our web site and expect that this feature will show our customers that it's definitely worth the trip to visit their NEX," said Connery. "We plan to add more categories such as major appliances and tires in the near future."

Remember, customers receive a five cent credit toward their purchase for each eco-friendly reusable bag used to bag their purchase.

## I Am A Military Child

-By Katerina Weakley, Age 11

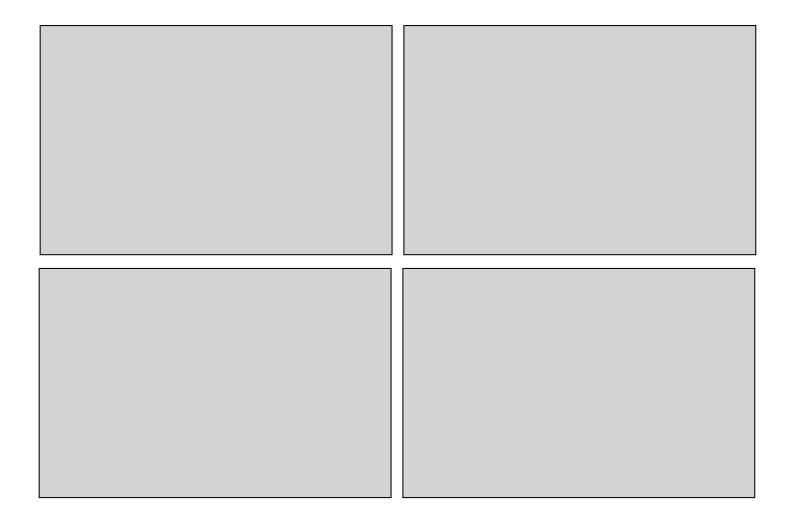
I live overseas In a place called Rota, Spain Where the weather is beautiful Lots of sunshine and some rain And though I may stay here For just a while I really like being a Military Child I travel a lot Make friends from many places My favorite part about visiting Is seeing their smiling faces And though I may stay there For a while I really like being a Military Child. Deployments are hard When my dad's away He will always be my hero Forever and a day And though he may stay there For just a while I know he loves me, his Military Child.



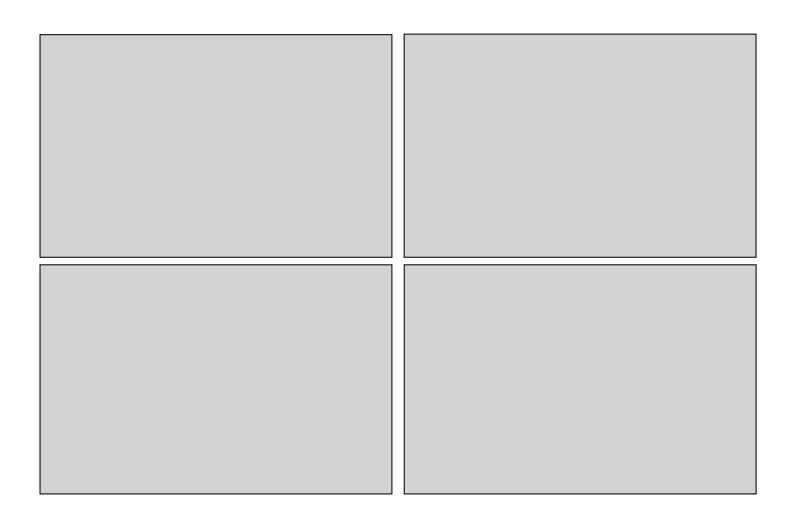
During the "Month of the Military Child", the Youth Center offered a poetry contest for children to display their creative abilities and views on being a military child. "It's our firm belief that artistic expression gives children a vehicle through which they can celebrate the military, express pride in parents, and admit grief or worry," said Michael Robinson, MWR Teen Programs Coordinator.

"Creative opportunities, such as poetry and the visual arts, provide yet one more way in which parents and children can connect and build memories. The winning entry was written by Katerina Weakley, above left, who poses for a photo with her father ET1 Roger Weakley and brother Brandon.

# MOVIES



# el mercado To place a classified ad submit information in 25 words or less by the Friday prior to desired publication date. Classifieds will run for one edition only. Free ads are available to TEI cardholders for non-commercial goods. E-mail submission to coastline@eu.navy.mil or fax to 727-1021. Non-TEI cardholders and/or ads of a commercial nature (pets for sale, real estate, for-profit business) require payment and must be submitted to Karen Lucas at Karen@coastline.e.telefonica.net or fax to 956-54-2997.



### Naval Station Rota Recognizes College Graduates

Story and Photos by ET3 Kelly Mayo

"Education is infectious, pass it on," said Lt. Joseph Plasse. This was an appropriate statement coming not only from a hospital nurse, but from a recipient of a Master of Human Relations degree from University of Oklahoma and an involved mentor for the enlisted community.

Plasse, who is assigned to U.S. Naval Hospital Rota, Spain, was the keynote speaker at the 2010 commencement ceremony at the Naval Station Rota Chapel May 25. This year 16 associate degrees, nine bachelor's degrees and 13 master's degrees were awarded to civilian and active duty military students.

"This is a major accomplishment," said Plasse. "This observance gives the graduates a chance to be recognized within the community for all their hard work."

For Laura Gaser, a recent graduate, this ceremony represents the achievement of something she really wanted to accomplish.

"We are setting a good example for our 6-year-old son Nico," said Laura. "I'm so happy to be graduating with my husband."

"We wanted to get our son motivated for the future," said Staff Sgt. Jeff Graser, of the 725th Air Mobility Squadron who echoed his wife's sentiments. "He will always have the memory of mommy and daddy graduating college together."

At the helm of the ceremony was site director for University of Oklahoma Trevor Sloan who said the best part of his job is, "helping a student or potential student with no education plan come in and graduate two years later."

Sloan, who has organized four other NAVSTA Rota graduations, is also working toward a Master of Human Relations. "I'm not only site director, I'm also a student," Sloan joked.

Many personnel stationed at NAVSTA Rota will agree that this is one of the best places to be to earn a college degree while serving on active duty. "We have 41 active students in a Masters program, which is two percent of the base population," said Sloan. "Only seven percent of the world population ever earns a master's degree."

It's never too late to catch the college bug and earn a degree, as Electronics Technician First Class (SW) Michael Darkins can attest. Darkins earned his second associate degree and will retire from active duty service later this year. Darkins said he spread the course load by taking a couple

of classes each year. "It took me a long time, but now I have my second degree and I'm ready to retire and use my GI Bill to earn a bachelor's degree and more."

And as the old saying goes, "with age comes wisdom," Darkins has come to realize that for him education became more important as he got older. "I knew I was going to retire from the military one day and that I would need to make myself more marketable in order to compete in the civilian world."

So to all the graduates, congratulations are in order. Toss up your hats, bask in the moment, you have earned it.



NAVSTA Rota College Office University of Oklahoma site director Trevor Sloan adjusts keynote speaker and Masters Degree graduate Lt. Joseph Plasse's master's gown hood at the 2010 commencement ceremony held at the NAV STA Rota Chapel.



Naval Station Rota Commanding Officer Cpt. William F. Mosk congratulates ABH1 Jorge Pavon on receiving his Associates Degree.

June 3, 2010 **SPORTS** 

### Walk-off single gives Rota DODDS-Europe D-II-III Baseball Championship



Rota players celebrate their victory Saturday at the European high school baseball championships. Rota defeated Naples, 4-3.

RAMSTEIN AIR BASE, Germany - Rota relief pitcher Tim Morgan delivered the lesson Saturday that the Naples Wildcats will never forget - violate baseball's most hallowed tenets at your own risk.

Stepping into the batter's box in the bottom of the final inning with one out and his team trailing 3-2 in the DODDS-Europe Division II-III championship game after Naples intentionally walked the potential winning run, Morgan laced a single to center field that scored the tying and winning runs in Rota's 4-3 walkoff victory.

"I'm glad I pulled through," Morgan said of his low liner that got past center fielder

Ryan Bales and rolled to the fence, allowing Landon Harvey

to score. "I had struck out twice earlier." Harvey had walked to open the inning and took second on a wild pitch by tournament MVP Logan Porchie.

The wild pitch forced Naples to walk the dangerous Cameron Henry, who had started the game on the mound for Rota, to set up a potential game-ending double play. The move mystified many

"When they walked him," said Rota coach Bond Henry, "I yelled, 'He's the winning run." Morgan's hit overcame the two runs he had allowed when he took over the pitching chores in the top of the sixth. Bales drove in one of them with a sacrifice fly to the fence in right, and Jono Higgins knocked in the second on a single with two outs.

Zach Smith then walked to load the bases, but Smith, apparently thinking second base was unoccupied, tried to steal the base with Higgins already there. Smith was tagged out trying to return to first to end the inning. Umpires first ruled that Matt Gardner had scored from third on the play before the tag of Smith, but reversed themselves after talking it over and erased what had been the fourth run for Naples.

Morgan, the third Rota pitcher, yielded a lead-off single in the top of the seventh before fanning Porchie on a masterful change-up and retiring Ivo Sabotinov on a low foul pop that Frankie Esquival snagged on a nice running catch in front of the Rota dugout.

Then Dakota Burke bounced off the left field fence to haul in Zach Zimmerman's bid for extra bases.

Morgan had taken over for Harvey, who pitched two innings of no-hit, shutout ball in relief of Cameron Henry. Henry left after reaching his innings-pitched limit of 15 in the third.

A Division III school, Rota fittingly won the combined D-II-III event by eliminating this year's No. 1 seed, D-II Vicenza, 11-4 in Saturday morning's semifinal and downing defending D-II champion Bitburg 12-5 earlier en route to the crown.

Rota won it against Naples' Porchie, who went the distance, allowing nine hits and striking out seven.

"We faced him before," said Morgan, recalling Naples' 4-2 pool-play victory over the Admirals on Thursday. "We knew what to expect this

## Rota Wins DODDS-Europe Softball Titles

STORY BY SETH ROBBINS STARS AND STRIPES

RAMSTEIN AIR BASE, Germany — Top-seeded Ramstein and Naples were joined by Rota, a No. 2 seed, as champions of their respective divisions in the DODDS-Europe Softball Tournament on May 29.

Ramstein defended its Division I title by defeating Lakenheath 5-1; Naples repeated as the D-II champ by topping Hohenfels 6-0; and Rota took Division II by beating surprise finalist Incirlick 16-12.

Ramstein and Naples were led by dominant pitchers, while Rota handed its coach a championship in his first year at the helm.

Rota, the small schools champion in 2000, '05, '07 and '08, was too powerful for Incirlik, which reached the final by beating top-seeded Sigonella. That victory was the school from Turkey's first victory of the

Incirlik did not go down easily in the final, battling back from an early deficit

Rota pitcher Natalia River, a freshman, helped her cause by hitting a double in the second inning to erase a 3-2 Incirlik lead. Rota went on to score seven runs in that inning.

"It felt great," Rivera, who went 4-for-4 in the game, said of her big

Incirlik kept pecking way and when it scored three runs in the top of the fifth it was within a run of Rota at 11-10. But Rota's Maggie Armel roped a single in the bottom of the inning, driving in three

"The girls wo team. "They four



## The Rota Sports Report

edition. RSR is touring the U.S. for the last couple of weeks and something in the sports world seemed different from our last trip here.

Welcome to the RSR "on the road"

While watching Major League Baseball on TV we noticed that the game being played was at Target Field. Target Field? RSR didn't know where that stadium was located at. Had we not paid enough attention to the game to know the name of the stadiums in the major leagues? That did not seem possible, so we decided to check the stadiums against the cities and see how we did.

When we looked at our findings it was shocking that Rogers Centre, Kauffman Stadium, Progressive Field, Chase Field, Citi Field and Sun Life Stadium were not familiar to us. RSR was surprised to find these are the parks where the Blue Jays, Royals, Indians, Diamondbacks, Mets and Marlins play respectively. And as for Target Field, that is the new home of the Minnesota Twins. That's right, they no longer play in the metro dome. Baseball is now played outside in the northern state of Minnesota.

RSR is glad to see that Wrigley Field, home of Chicago's Cubs, is still open, as it has been since 1914. Only Fenway Park (1912) has been around longer. Even historic Yankee Stadium is new. Sure, they kept the name, but this is no longer the house that Ruth built.

Baseball is the sport (of the big three) that seems most attached to its past. Willy Mays famous over the shoulder catch is made more historic due to it having taken place in the Polo Grounds (NYC). Reggie Jackson hitting a baseball over the light tower in old Tiger

Stadium during an all star game is special du to the amazing distance it traveled. For year RSR would marvel when watching Tiger gam about that shot.

Sometimes a building is too old and in need of repair (costs make updating unrealistic) as was the case with the NBA's Boston Garden-truly one of sport's most historic buildings. RSR understands this fact of life, but still longs for the history that comes with attaching an event to a building.

Football it seems is currently building a new stadium each year. Do you recall last years opening of the new "Cowboys Stadium" That building is more than just the home of the Cowboys; it's been called a work of art. The new Giants Stadium in New York seems to have played a large part in New York City securing the 2014 Super Bowl. This will be the first outdoor cold weather Super Bowl to be played. The average temp in NYC during Super Bowl week is 34 degrees. If the stadiur was not new RSR is not certain the city would have been awarded the game.

RSR is not against change but there is something very comforting about attaching a stadium to a team its part of the ownership that fans have with their teams. RSR finally saw Orioles Park in Camden Yards (Baltimore) during this trip and even though it is 18 years old now, RSR still views this stadium as the first of the new parks. When we saw how it changed the downtown area (for the better) where it is located our understanding of change or growth in the game of baseball i now just linked to the players but also to the fields they play on.

Till next time, play it hard, play it safe.

rked h	the game out of reach. ard," Incirlik coach Tracy Smith said of her d and that's what they have done all season."	Rota's dugout explodes with excitement after a 16-12 win over Incirlik in the DODDS-Europe Division III championship game at Ramstein High School.
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#### American Red Cross Rubber Ducky Race



NAVSTA Rota American Red Cross held their annual Rubber Ducky Race May 29 raising S700. Service members from NMCB 7 assisted by providing waves and sending the ducks on their way to victory.





MWR celebrated Armed Forces Day May 21 with a day full of fun events. The day kicked off with a 5K run, followed by a home run derby, sand volleyball, kickball and a strongman completion as well as other events and a BBQ.

## Armed Forces Day







Elodi Guillaume leaps through the air as members of the Rota Fusion Dance Team perform "Earth Song" during the Spring Arts celebration May 22. There was dance, music, poetry and other fine art displayed during the celebration.

